

POSITIVE REACTION

SEPTEMBER

-1997-

THE ENVIRONMENTAL HYPERSENSITIVITY ASSOCIATION OF ONTARIO

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MISSION STATEMENT

The Environmental Hypersensitivity Association of Ontario is concerned about the adverse health affects of natural inhalants/chemicals in the air, food, water; promoting public awareness and providing information to individuals about a healthier approach to improve the quality of everyday living.

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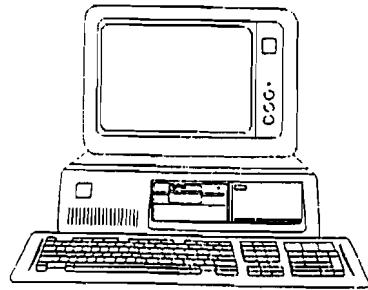
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EDITOR'S NOTES

From The Editor

Just a short message to say hi! to everyone. As always I'm looking for recipes, practical suggestions on how to live positively with EI, success stories, jokes etc. etc. I want to say hello to our new readers and hope that the variety of information will be helpful. Happy reading everyone.

Wanda 
Wanda Wilson, (ED)



Come In

Come in! But don't expect to find
All dishes done, all floors shine;
See crumpled rugs, the toys galore,
The smudged and fingerprinted door.
The little ones we shelter here
Don't thrive in a spotless atmosphere;
They're more inclined to disarray,
And carefree, even messy play.

Their needs are great, patient small.
All day I'm at their beck and call.
It's "Mommy come" and "Mommy see".
Wiggly worms and red scraped knee,
Painted pictures, blocks piled high,
My floors unshined, the days go by.
Some future day they'll flee this nest
And I at last will have my rest.
And which really matters more-
A happy child, or a polished floor.



MAIL BAG

A COMPUTER CAN HELP ALLEVIATE ISOLATION!!



Although there are many differences in our lives, as people with sensitivities, one common problem is isolation. Not being able to socialize, communicate and feel like part of the world outside you is like being a prisoner. People with severe sensitivities know this, suffer the consequences and share the pain - in silence. Increasingly, through computer E. Mail, the internet and Mail lists for people with sensitivities, many sufferers have found relief from their isolation.

Being on a mail list, like MCS-CI, can enhance your life and allow you to exchange ideas with others on many subjects involving "sensitivities" and related issues. Imagine going to the mail box each morning and finding fifteen to twenty letters addressed to you along with all those unwanted bills!

The difference is you can read the ones you choose, respond when you feel you have something to say, and it's quick. You may post something to the list generally, or specifically to an individual, copying the list. Also you may E Mail privately if you wish. Conversations go on between members, copied to the list, and everyone benefits. Then any one can join in and make comments on topics being discussed. Often a post will be made by a member that is copied from another source, with their permission, such as an article or transcript containing interesting information.

Sometimes the discussions are pro-active; other times re-active and the topics have a wide range, for those with varied interests. List members are supportive, such that if an individual posts a problem, they will usually receive a number of responses with varying perspectives. Currently there are about five lists running with sensitivities, allergies, and immune issues being addressed. Although many members of MCS-CI, for example, are American, a number of other locations, such as New Zealand, are also represented. Hopefully an increasing number of Canadians will join those already participating.

Making contacts and friends on mail lists is surprisingly easy and because of the speed of the internet the process is more like a conversation than letter writing; commonly called snail mail. Regular correspondence is often received, set aside, and forgotten about. Some of us dislike handwriting so much or have forgotten how and never get around to replying. When you are on line with an internet service there is an excellent E Mail program called "Pegasus"



MAIL BAG

available that can be downloaded, at no cost, which has many useful features not found in other programs. Another advantage is contact with friends in far away places where phone bills prevent communication. Many people are getting "on line" and you may be surprised to find friends that you already know can be reached in this way.

The Internet is a fund of information so broad it boggles the uninitiated mind. Just about every subject imaginable is available in a maze of web sites. You can read newspapers, get stock quotes, take courses, keep up with varied interests such as computers, sports, health and social issues and much more. Once you learn to search on the internet the possibilities are endless. There are "Search Engines" to assist you with this and Web Site addresses, that are publicized, which will take you directly to the desired destination.

Most internet servers provide space for you to have your own web site that you can use to address whatever subject(s) you choose. Then there are ways of making your site known and available to others. Search engines find sites by topic and various publications, mail lists, and word of mouth are other ways to advertise your site.

Purchasing a computer is a trial and error process due to our individual requirements. A particular brand or type cannot be expected to fit the needs of such a diverse group of individuals. It is helpful to find a knowledgeable person to give you some basic information and steer you in the right direction. The difficult part is finding a dealer for demo or used equipment, with warranties, who will allow you to buy a computer, take it home for a trial period and return it if necessary. Testing several computers will probably be required to find what best suits your needs. One possibility would be to try a friend's machine as long as the testing environment is tolerable so as not to confuse any possible reactions. This may take some time and patience; it's a learning experience and not usually a simple purchase.

A computer can't give you a hug, but for those of us who have been isolated for a long time, the access can really change your life. It's a little like coming out into the world again after a long nap and finding that, although things are not the same, there is still a place for you after all.

-Ms. Susan Beck, Member EHA

(Thank you Susan for sharing this with us. Isolation is a very real challenge to some and this article will be a big motivator. ED.)

MAIL BAG

OUR ENVIRODESIC HOME

Last April, after years of planning, construction began on our envirodesic house. Bruce Small, of Green Eclipse, was our consultant. He helped us choose the building materials which would make this house environmentally friendly for me. We initially thought that we could just hire a consultant who would tell us what to do. But we soon found out that our choices depended upon my own individual allergies, so a lot of research had to be done by myself.

Numerous building materials had to be tested; whether by sniffing, Vega Machine testing or by actually sleeping with the material to check for my tolerance levels. We finally moved into this wonderful home in August. It was so great to have a clean living space. Anything offensive that is brought into the house is recognized right away. No waferboard was used in the construction of the house. Vinyls were avoided. The floors throughout the house are ceramic. All of the cupboards are sealed with caulking. We have an HRV system. The heating and cooling are done by a radiator system. We used poplar trim instead of pine. The paint is Benjamin Moore's Pristine line (by the end of the day we could hardly tell the house had been painted all day.)

The exterior of the house is clad with aluminum siding. The window frames are also aluminum. The roof is made of steel. We have now been in the house over 6 months and I have already seen improvements in my allergies. With a lot of help, and a great builder, our house was built. I hope I will soon recover in it.

-Ms. Susan Dea, Member EHA

(Thank you Susan, it has been a long haul for you but well worth it in the long run. May you continue to recover your health in your new home. ED)

Recipe For A Home

To one half cup of friendship add a cup of thankfulness,
Creamed together with a pinch of powdered tenderness
Very lightly beaten in a bowl of loyalty
With a cup of faith, a cup of hope and one of charity.
Be sure to add a spoonful of gaiety that sings,
And also the ability to laugh at little things.
Moisten with the sudden tears of heartfelt sympathy,
Bake in a good natured pan and serve repeatedly.

FROM THE BOARD

From The Prez's Desk

I must apologize for the lengthly delay in getting this Newsletter out to the Membership. Unfortunately, 1997 has not been a good year health-wise for my family.

My father passed away suddenly in May, leaving his soul mate of 55 years. During the week of my father's death my mother became ill and a week after had to be hospitalized with a life-threatening illness. I must thank the hospital who made arrangements so I could nurse my mother in a clean environment for those two weeks. As well during that time, another close member of my family passed away. My mother had to be hospitalized on another two occasions. I know Meaford General Hospital intimately! My sister during this time period also became very ill with pneumonia.

My family is now in the process of settling mom in an environment that is safe and will allow her to live as independently as possible in her own home. I am extremely thankful for the various agencies that we were able to access in order to make this possible. We still live with the daily challenge of caring for a family member with a life-threatening illness.

I would like to thank all of those who offered their shoulder and ear during this very trying time. On behalf of my family I would like to thank everyone who contributed to the Heart and Stroke Foundation, to everyone who sent cards and to those who sent floral arrangements.

He has achieved success who has lived well, laughed often, loved much;
Who has gained the respect of intelligent men, the love of little children;

Who has filled his niche and accomplished his task;

Who has left the world better than he found it,

Whether by an improved poppy, a perfect poem or a rescued soul;

Who has never lacked appreciation of earth's beauty or failed to express it;

Who has looked for the best in others and given the best he had;

Whose life was an inspiration and whose memory is a benediction.

---Mrs. A. J. Stanley

Wanda
Wanda Wilson
President

FROM THE BOARD

Upcoming Events

Rally to Protect Complementary Medicine

A Rally will be held on November 10 at 8:00am-9:00am at the College of Physicians and Surgeons of Ontario - 80 College St., (Between Bay Street & University Ave.) Dr. Krop's hearing will continue from November 10, 1997 for 5 days and probably 3 days in the following week.

Legal Costs - For CPSO and for Dr. Krop

The CPSO spends approximately \$23,000 to \$25,000 per day to cover its legal and other costs involved in a disciplinary hearing. The CPSO has deep pockets -- it takes this amount out of the annual fees of approximately 26,000 physicians holding Ontario licenses. To successfully fight the College takes very extensive preparation and legal costs are therefore substantial. Without continued financial support Dr. Krop cannot win his case -- which is a test case having great impact for anyone concerned with Environmental or Complementary Medicine. Every donation counts. See enclosed flyer.

A Message from Jozef Krop M.D. and His Family

I want to take this opportunity to thank you for your continuing support as I continue to challenge the charges laid against me and the practice of environmental medicine by the College of Physicians and Surgeons of Ontario. As you may know the 2nd phase of the hearing was in April/May and the 3rd phase in August. The 4th phase will begin on November 10 and will take up to 8 days. Eight years have passed since the CPSO began its inquiry into my practice and I must confess that my family and I are tired. Nevertheless, the explosion of information about and interest in complementary therapies, over the last two years particularly, indicates that now is not the time to give up. The proven benefits of environmental medicine have to be defended and successful legal cases create precedents.

Without your financial support, prayers and letters, it would be difficult if not impossible to persevere. Your attendance at the rallies and throughout my hearing was heartening. My family and I are most appreciative for this practical and moral support. We all have to be involved in ensuring the freedom of choice in health care for ourselves and our children.



Jozef Krop, M.D., F.A.A.E.M.

FROM THE BOARD



Do something for somebody, somewhere,
While jogging along life's road
Help someone to carry his burden
And lighter will grow your load.
Do something for somebody gladly
'Twill sweeten your every care,
In sharing the sorrows of others
Your own are less to bear.

Do something for somebody, striving
To help where the way seems long
And the sorrowful hearts that languish
Cheer up with little song.
Do something for somebody always,
Whatever may be your creed,
There's nothing on earth can help you
So much as a kindly deed.



EDITORIAL

What Would Happen If?

In the midst of our busy lives, there's always the danger of taking things that are important to us for granted. For instance, our health. Something as simple as having the choice of going to a physician who practices complementary medicine to receive care and treatment; this we take for granted.

We know that natural therapies offered by our physician replace the drugs we are unable to take and reduce drastically any side effects that may occur from taking pharmaceuticals. We also are confident that our medical doctor will advise us if certain standard medical treatment is needed to make us well. We know that we can go to our local health food store and purchase the vitamins, minerals, herbs, and homeopathic preparations prescribed by our physician. We feel well and by preventing illness are saving an enormous amount of money from our over-burdened health care system. We are taking responsibility for our health and for the health of our family. We're happy with the service provided by our physician and our physician is pleased to provide the expertise and knowledge necessary resulting in our continuing good health. This appears to be a win win situation. Please don't take this for granted!

What would happen if one day you needed to buy some more vitamins and upon arriving at your health food store were told that they were no longer available to you? They had been taken off the shelf because they were considered a drug. What would happen if you went to purchase your herbs that you had been using successfully for years and found they were no longer stocked because they did not have a DIN number and were therefore considered illegal to sell? What would happen if you went to your usual place to purchase your homeopathic remedies to boost up your immune system and were told they were no longer available because they were considered "dangerous" to your health?

What would happen if you went to your physician for advice regarding diet and supplements and were told that information regarding diet modification or any nutritional counselling was considered against the law? Treatment for food and chemical allergies as well as candida could no longer be discussed. Further more a referral to a physician practicing acupuncture who could help you with that pain you were experiencing; this would be out of the question. Your questions concerning the enhancement of air quality in your home or water quality through the use of purifiers would remain unanswered. What would happen if your physician could no longer treat you with the preparations that made you feel well and allowed you to live a productive busy life?

EDITORIAL

Please don't take your health for granted. The College of Physicians and Surgeons of Ontario continue the hearing against Dr. Jozef Krop on August 11, 1997 for 5 days and again on November 10, 1997, for 8 days with charges of professional misconduct and incompetence in connection with his practice of environment medicine. Please do not assume that things will continue the way they have always been and our health will not be touched or altered in any way as a result of this hearing.

This hearing is much more than just one physician having to defend what he is doing in his practice. If the College is successful in their attempt to discredit Dr. Krop, the practice of complementary medicine practiced by competent physicians will disappear back into the dark ages and remain there for many, many years. This is an issue which will affect any individual who benefits from complementary medical therapies. It will become almost impossible to have access to any physician practicing complementary medicine as they will be afraid that their practice will be the next to be targeted by the College.

Statements made during the December hearing illustrates clearly that the College has conducted the entire disciplinary proceedings in bad faith from the very beginning. Statements such as "There is, perhaps a case in such circumstance for the use of an expert investigative committee...this will be a costly and lengthy process but may be the only way of finally once and for all, dealing with these clinical ecologists." and admitting that the folder in which material which formed the original case against Dr. Krop was no longer in existence. Ms. Tunney responded, "probably not...when the investigations are complete, it was our practice to shred the material." clearly points to the College's abusive powers.

During the 2nd phase hearings, April/May 1997, Drs. Susan Tarlo and Gordon Sussman, both allergists, in testimony condemned environmental medicine while admitting they knew little about it and were unable to cite any of the scientific studies supporting practices of environmental medicine. They condemned Dr. Krop's medical treatments while admitting they couldn't read nor interpret the medical charts and had made no attempt to obtain transcriptions. An influential allergist from the States testified that he believed environmental medicine was invalid since most of its procedures had "not been proven" by scientific studies. It was also pointed out however that a U.S. Congress assessment found only 15% of all medical treatments are supported by double-blind controlled studies. Under cross examination it was demonstrated that he also did not understand nor was interested in the techniques and procedures of environmental medicine.

EDITORIAL

Both defence witness Prof. Roy Fox, who head the Environmental Medicine Clinic associated with Dalhousie University testified as to using **the same techniques as Dr. Krop** as well as Dr. John Boyles testified to the extensive standards, education, peer associations and literature already exist to **support environmental medicine**. As well, he agreed Dr. Krop's charts were well established and in good order according to environmental medicine protocols. Dr. Denis Remington, a family doctor from Utah testified to **using electrodermal testing techniques exclusively** in his environmental medicine practice due to safety, reliability, non-invasiveness and low-cost. Professor William Tiller, a physicist from Stanford University testified regarding new paradigms in medicine, a scientific explanation of and developments in electrodermal diagnostic instruments.

Now is the time to stand up for what you believe. If you believe that complementary medicine has helped you, your family and you wish to continue to receive the benefits from this, you have to stand up and be heard. You have to once again become financially involved in supporting Dr. Krop's Legal Defence Fund; it may be the best health investment you've made. You have to become actively involved in all the Rallies pertaining to Complementary Medicine. Be present at the Hearings. Your emotional support is appreciated by Dr. and Mrs. Krop. The College itself must be reformed; it's supposed to serve the public and it's not doing its job properly. You must become actively involved in getting legislation passed in order to protect your right to choice in health care. The freedom to choose is your right as an individual! Exercise that right vigorously! Support Citizens For Choice In Health Care and Canadian Coalition For Health Freedom.

The time for action is now! This may be your last chance to really make a difference in your life and the lives of others who depend on quality complementary medical care provided by knowledgeable physicians. Complementary medicine is the preventive, cost effective medicine of the future. Let's act now so we can go into the year 2000 knowing that our health is protected and we can continue to be responsible for our own bodies and have a say in what's best for us.

Wanda Wilson, Editor

MAIN ARTICLES



The Secret Hazards of Pesticides: Inert Ingredients

**Dennis C. Vacco, Attorney General of New York
New York State Department Of Law
Environmental Protection Bureau, February 1996 Revision**

Look at any label on a pesticide product and you will find a list of "active" ingredients, with a few long chemical names, and then typically the phrase "inert ingredients", with only a single percentage figure given and no listing of individual ingredients. The active ingredients are the chemicals used to control the target pest and must be listed on the label. The so-called "inert" ingredients are used as carriers for the active ingredients, to help dissolve them, make them easier to apply or to preserve them.

Unfortunately, many people will conclude from the term "inert" that such ingredients could not possibly have any adverse health or environmental effects. This is not the case at all. The chemicals used as inerts include some of the most dangerous substances known. Some of these chemicals are suspected carcinogens and have been linked to other long-term health problems like central nervous system disorders, liver and kidney damage and birth defects. They can also cause short-term health effects like eye and skin irritation, nausea, dizziness and respiratory difficulty.

The U.S. Environmental Protection Agency (EPA), the agency responsible for regulating the use of pesticides, has categorized inert ingredients into four groups: substances known to cause long-term health damage and harm the environment, chemicals suspected of causing such health or environmental damage, chemicals of unknown toxicity, and those of minimal concern. Although EPA has published a list of chemicals used as inerts, this list does not tell consumers which products contain these inerts. Furthermore, pesticide manufacturers are not required to list all inerts on the product label. Thus, people must play blind man's bluff when it comes to which inerts might be in the pesticides they buy or are used where they live, work or play.

Inerts usually make up at least half if not most of consumer pesticide products. For instance, 99.1% of Raid's Ant and Roach Killer is inert ingredients and Ortho Diazinon Dust is 96% inerts. Of the 85 pesticide products examined by the Attorney General's office, 75% contained over 90% inert ingredients. Despite the health effects EPA associates with inerts, people do not know to which chemicals they may be exposed since inerts are not identified on the label.

MAIN ARTICLE

Pesticides are widely used throughout the United States in non-agricultural settings--in homes, outside homes, in offices, schools, and recreational areas. Over 70 million pounds of pesticides are applied on lawns alone every year. The use of lawn care pesticides is increasing at about 5 to 8 percent annually. In fact, four times as many pesticides are used on home lawns as are used to grow food crops. Commercial lawn care is now a \$1.5 billion industry. In addition, according to a 1985 study, pesticides used on golf courses accounted for nearly 12 million pounds nationwide. And all these pesticide products--whether used in lawn care, household fumigation, pet care or in personal-care products like insect repellents--contain substantial amounts of inert ingredients.

Who knows what the secret inert ingredients are? Obviously, the pesticide manufacturers and formulators know. Under the Federal Insecticide, Fungicide and Rodenticide Act (FIFRA) pesticide registrants (primarily manufacturers and formulators) must report the identity of inert ingredients to EPA. So one might assume that EPA knows the identity of the inert ingredients in every registered pesticide products. Unfortunately, that does not appear to be the case.

In 1987, EPA announced an "Inerts Strategy" designed to eliminate the most toxic inert ingredients from use, require improved label disclosure of inert ingredients, and increase the toxicity testing required for inerts. That strategy, if effectively implemented, could have enhanced the level of protection afforded to the public. In 1991, the EPA Inspector General reported on an investigation of EPA's implementation of its own "Inerts Strategy." The Inspector General reported that:

"EPA has not... enforced the 1987 Inert Strategy requirements for inerts with toxic effects... EPA identified 68 inerts as potentially toxic, and assigned them to a high priority for testing... EPA has no specific procedures or timetables for insuring that these inerts are reviewed."
"EPA is not sure how many chemicals registrants are using as inert ingredients because the inerts were not accurately coded into...[the EPA database]...there were about 600 registrations for which...the chemical name was not available" (1)



MAIN ARTICLE

How has EPA responded to this criticism of its implementation of the Inerts Strategy? Not very effectively. According to a 1993 internal memo from the EPA Inspector General's office, corrective actions originally scheduled for completion in 1992 or 1993 had been delayed until 1995 or beyond. Attempts to develop a computer data base for inert ingredients had failed, and further development of the system was contingent upon further funding. (2)

Thus, the EPA does not necessarily know the identity of the inert ingredients in the pesticide products sold to the general public, and that situation may not be resolved for years to come.

Even when EPA knows the identity of the inerts, FIFRA instructs it to keep that information secret if the manufacturer requests confidentiality unless the agency decides "that disclosure is necessary to protect against an unreasonable risk of injury to health or the environment." (3) Enacted almost half a century ago, the "trade secrecy" section of FIFRA was intended to protect manufacturers from any competitors who might copy the recipe for a successful product. Today, inert pesticide ingredients are still considered confidential under this obsolete regulation even though "trade secrets" are not necessarily secrets within the industry. Companies can now use commonly available "reverse engineering" techniques to find out the inert ingredients in their competitors' products. Now, this information is secret only to the public.

The Attorney General's office went directly to pesticide manufacturers to ask them to name the inert ingredients in some of their products sold in New York State. Many of the companies contacted refused to provide such information. Others agreed to identify inert ingredients only with an expectation of confidentiality. However, a few companies did co-operate without reservation. Thus, the survey shows that inerts information is generally not available to the public; most companies continue to withhold the identity of inert ingredients under claim of confidentiality.

Ironically, many non-pesticide products containing the same chemicals used as inert ingredients in pesticides are



MAIN ARTICLE

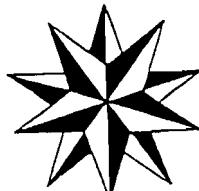
governed by various laws, regulations, standards or guidelines because of their potential toxicity. There are limits for many of these chemicals, penalties for spills and special requirements for their transportation. These laws include the Toxic Substances Control Act, the Clean Water Act, the Clean Air Act, the Resource Conservation and Recovery Act (RCRA), and regulations issued by EPA and the Occupational Safety and Health Administration, as well as guidelines from the National Institute for Occupational Safety and Health.

Even though some laws limit human exposure to these chemicals by restricting their release into air, water or the workplace, there is no way of knowing when the same chemicals are released as inert ingredients in pesticides. As long as pesticide ingredients are kept secret, people cannot even take steps to avoid exposure. And if an individual experiences a health problem in reaction to a pesticide, precious time can be lost while the doctor tries to obtain information concerning the chemicals to which the patient has been exposed.

The Federal Insecticide, Fungicide and Rodenticide Act should be amended to require pesticide manufacturers and formulators to disclose the total composition of pesticide products sold to the public. Product labels should identify each inert ingredient in the formulation. This information is simply too important to keep secret any longer because what the public does not know about pesticides may very well hurt them some day.

- (1) "Inert Ingredients in Pesticides," USEPA, Office of the Inspector General, Audit Report E1EPF1-05-0117-1100378, Sept. 27, 1991
- (2) Memo from Michael Simmons, Associate Assistant Inspector General for Internal and Performance Audits to Victor J. Kimm, Acting Assistant Administrator for Prevention, Pesticides and Toxic Substances, September 17, 1993.
- (3) FIFRA, Section 10(d)(1)(C), entitled, "Protection of Trade Secrets and Other Information."

This report was originally prepared in June 1991 by Michael H. Sурган, Ph.D., Chief Scientist and Assistant Attorneys General Deborah Volbert, Nancy Stearns and James A. Sevinsky, with assistance from other members of the Environmental Protection Bureau





MAIN ARTICLES

Types Of Substances That Pollute

Pollutants occur in the atmosphere in all three physical states; solid, liquid, and gas. Although there is no universally accepted nomenclature for air pollutants, several terms are commonly used. The term **gases** signifies pollutants that exist only in the gaseous state within the normal temperature range of outdoor ambient air (approximately -40 to +40 degrees C). Four of the six common air pollutants --sulphur dioxide, nitrogen dioxide, carbon monoxide, and ozone-- are examples of gases. The atmosphere may also contain a variety of organic gases. Propane, the gas used to heat barbecues, is an example.

Vapours are the gaseous form of substances that are usually thought of as being solids or liquids at ambient temperatures. Polluted air usually contains a variety of vapours. Gasoline, solvents, and mothballs are examples of substance that pollute because they vaporize. Natural biological processes also release vapours to the air. The vapours may remain free in the air or they may condense on particles floating in the air, depending on the temperature.

Aerosols consist of fine solid particles and droplets of liquid, both about the size of the droplets released from the spray cans of some familiar household products, such as hair sprays and oven cleaners. Aerosols are small enough to stay suspended in the air for some time. Gases such as sulphur dioxide and nitrogen dioxide contribute to the aerosol when they react chemically in the atmosphere to produce sulphates and nitrates in the form of fine particles.

Particulate matter is a term used to describe the material that can be filtered from the air; in practice, this includes both aerosols and larger particles, such as dust, soot, ash, fibre, and pollen, with particles ranging in diameter from 0.005 to 100 μm . Particulate matter is not a clearly defined chemical or physical entity. The technique used to filter the air--in particular the pore size of the filter used--must be specified if particulate matter samples are to be compared. The terms **particulate matter**, **suspended particulate**, **total suspended particulate (TSP)**, and **airborne particles** are used interchangeably in the air pollution field. From an air pollution control perspective, it is the particulate matter of nonbiological origin, rather than of biological origin (e.g., pollen), that is important.

MAIN ARTICLES

Within the broad category of toxic air pollutants, there are various classes of compounds, such as PAH's, polychlorinated biphenyls (PCB's), dioxins, furans, and pesticides. At ambient temperatures, some individual compounds in these classes can exist only in the vapour state; others exist both in the vapour state and bonded to airborne particles; and others are only found bonded to airborne particles at ambient temperatures. In the air pollution field, these classes of compounds are termed **semivolatile organic compounds**.

Volatile organic compounds is the term used to describe collectively the organic gases and vapours that are present in the air, excluding methane. **Hydrocarbons** is a broader term for organic gases and vapours and includes methane.



Important Air Pollution Concerns For Canadians

Degradation Of Air Quality In Urban Centres

- * highly visible forms of air pollution often associated with large cities and heavily populated areas
- * gases, particulates, and vapours are emitted and accumulate in air over several days
- * some pollutants highly reactive in presence of sunlight and produce "secondary" air pollutants (eg. ozone), which may be more harmful to human health and the environment than the original pollutants.

Toxic Air Pollutants

- * potentially dangerous chemicals released into the atmosphere from automobiles, heavy industries, factories, small enterprises, agricultural activities, waste incineration, and the use of chemicals in homes
- * chemicals contaminate food, water, soil, and air, and may damage health and threaten environment

MAIN ARTICLES

Atmospheric Radioactivity

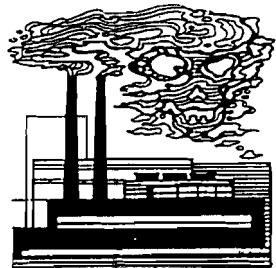
- * radiation from a variety of sources, including natural ones, has the potential to cause health effects by inducing changes in living organisms at the cellular level
- * exposure to low background doses of radiation is a natural occurrence
- * public attention focuses on the possibility of nuclear reactor accidents, which could result in exposure to high doses of radiation for short periods
- * one naturally occurring radionuclide, radon, is of concern as an indoor air pollutant. (Note: indoor air pollution is an important consideration when evaluating total human exposure to air pollutants)



The Effects Of Air Pollution

There are wide ranges in both the severity and types of health effects that might be associated with air pollution. Acute effects occur immediately or within a few days of exposure, whereas chronic effects may not be noticed for months or years. Different pollutants cause different adverse health effects, and mixtures of pollutants may in fact cause greater effects than those caused by the individual compounds in the mixture. Air pollutants can also contaminate food and drinking water.

The causes of asthma are not clear; possible factors include stress, heredity, and exposure to such environmental agents as allergens or dust. Although it is not known whether air pollution itself can cause asthma, air pollution can increase the chances of an asthmatic person having an attack. (1) Asthmatics appear to be particularly sensitive to sulphur dioxide. (2) Pollution can cause temporary changes in the capacity of the lungs to take in and force out air.



MAIN ARTICLES

Acid Rain

- * causes by sulphur dioxide from smelters in Canada and coal-burning power plants in Canada and the United States and nitrogen oxides, which arise whenever fuel is burned
- * these gases form strong acids in the atmosphere and can be transported over long distances
- * acids acidify lakes, rivers, and soils, which adversely affects aquatic life, forests, and vegetation
- * human health effects are suspected

Pollutants In The Arctic Atmosphere

- * layers of haze reported in the Arctic air mass between December and April each year contain pollutants that have been transported into the Arctic from other parts of the northern hemisphere
- * when pollutants are deposited on snow and ice, natural foodstocks of Arctic inhabitants may be contaminated, and ecosystem may be placed under additional stress

Stratospheric Ozone Depletion

- * stratospheric ozone absorbs most of the most damaging portions of the sun's ultraviolet radiation before it can reach Earth's surface
- * man-made chemicals, eg. chlorofluorocarbons and halons, react with and deplete ozone in the stratosphere, causing increased levels of ultraviolet radiation to reach Earth

Climate Change

- * Earth warmed by incoming solar radiation and cooled by loss of heat through thermal radiation
- * atmospheric gases impede loss of thermal radiation, establishing an equilibrium and thus climate at Earth's surface as we know it
- * amounts of carbon dioxide and other gases capable of impeding thermal radiation loss have been increasing steadily, and excessive global warming resulting in climate change (the greenhouse effect) is predicted if trend continues

MAIN ARTICLES

Factors known to contribute to chronic obstructive pulmonary disease are old age, heredity, cigarette smoking, occupational exposure to such materials as coal dust and certain chemicals, and exposure to high concentrations of sulphur dioxide and particulate matter. Chronic bronchitis has been found to be more common in areas of higher sulphur dioxide and particulate matter pollution than in cleaner areas. (3)

Two recent epidemiological studies by the Department of National Health and Welfare on the effects of transported acidic air pollutants compared the lung function of children living in relatively nonpolluted regions of Manitoba and Saskatchewan with that of children living in southwestern Ontario, a region with fairly high levels of acid air pollution. On average, the children in Ontario had a 2% lower lung function than the Prairie children. The children in Ontario also had higher frequencies of chest colds, inhalant allergies, stuffy noses, and coughs with phlegm. (4)

Another study examined the relationship between air pollution, temperature, and the number of people admitted to hospital for respiratory ailments. The investigation, conducted in southern Ontario during the summers of 1974 to 1984, found that greater numbers of people were hospitalized for respiratory problems on days when pollution levels, particularly sulphur dioxide levels, were elevated. (5)

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MAIN ARTICLES



What Is Codex And How Will It Affect Me?

The Codex Alimentarius is an international commission established in 1962 by the Food and Agriculture Organization (FAO) of the United Nations and the World Health Organization (WHO). Codex has a mandate to establish standards for anything pertaining to food products for the purpose of protecting consumers and facilitating international trade.

Canada is an active leading member of the Codex Commission and is the host government for one of the seven active general subject committees. Canada's involvement in all these bodies is supervised by the Interdepartment Committee on Codex (IDC/Codex.) This body is made up of representatives from various federal agencies. It is they who decide what positions Canada will take on policy matters being debated within Codex. The IDC/Codex also determines who will be authorized to participate in the various Canadian delegations. Day to day Codex business is coordinated through the office of the Contact Point for Canada, housed within the Health Protection Branch (HPB). This office is responsible for distributing information about Codex affairs to relevant non-governmental organizations such as businesses or associations, and consulting them with regards to the determination of appropriate policy.

Supplement Restrictions

This initiative is being pushed by Germany to establish an international standard for dietary supplements. This proposal, which is already at step five of eight in the approval process, would place severe restrictions on the variety and level of authorized nutrients. Any international trade of unapproved supplements would be curtailed. Additionally, the authority of this retrograde standard would be everywhere sited against advocates of natural health and complementary medicine.

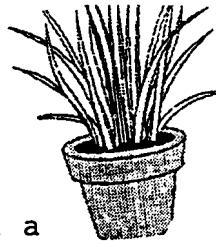
The Canadian position on the German proposal is that our country would be unaffected, since Codex can only be concerned with foods. Here we regulate supplements as drugs! The current official Canadian Codex position reads:

"Canada questions the need for these guidelines on a world-wide basis. In many countries there is a significant group of consumers who choose to take vitamin and mineral supplements for personal reasons. They are concerned that these guidelines will interfere with their access to these products. Provided the amount of a vitamin or mineral in a daily dose of a supplement does not pose a risk to health, the supplement should be available."

This would appear reasonable only that our government considers vitamins to be of such potential danger to the public that they declare them drugs and regulate them very closely. It would be of great benefit to all if Health Canada would declare supplements foods, not drugs, and de-regulate, excepting "risk to health."

MAIN ARTICLES

Negative List: Banned Herbs



The second issue at Codex is an initiative to establish a negative list at the international level of herbs and botanical preparations deemed potentially harmful. On June 1994, Canada submitted a document to the regional Codex committee title "Sale of Potentially Harmful Herbs and Botanical Preparations as Foods." This document calls for an international standard to ban from commerce herbs considered harmful. There seems to be no legitimate place in Health Canada for the use of foods, herbs, or supplements for specific therapeutic purposes, especially chronic diseases. HBP states "Since herbs and botanicals do not qualify as drugs because of a "lack of substantive, scientifically acceptable data", they "enter an ill-defined grey marketplace." Health Canada appears to want the authority of a Codex-sanctioned prescribed list of herbs to narrow the options available to consumers. The document states, "the availability of such an internationally recognized list would serve a very useful purpose...." To who?

Why did the IDC/Codex not bother to consult with the well known herb growers, manufacturers, schools and associations? Considering that one of the primary purposes of Codex is to facilitate international trade, how does this Committee expect the affected industry to buy and sell products across borders in a world which recognizes such standards? Also, why was the industry not consulted about the proposed Code of Hygienic Practice which would have a direct impact on their operations? Many troubling questions remain unanswered!

What You Can Do

Write your protest to your local MP, To Mr. Ron Burke, To Mr. David Dingwall, Minister of Health, and to the Right Honourable Jean Cretien. Address these letters to The House of Commons, Ottawa, Ontario K1A 0A6. No postage is necessary.

Tell these people you want the negative herb list document withdrawn and the German proposal firmly opposed. Tell them that you object to the policies of Health Canada towards natural health products and want fundamental change -- now.

The Canadian Coalition for Health Freedom (CCHF) is an organization of many professional, business and consumer associations which have come together to seek major reform in the federal regulation of natural health products. Write for more details to the Canadian Coalition for Health Freedom at 550 Alden Road, Suite 205, Markham, Ontario, L3R 6A8 or check the CCHF website at:

www.naturallink.com/cchf.

(This information was taken in part from "Canada and the Codex Committee written by Robert McMaster for Alive Magazine - February issue. Robert works with Citizens For Choice In Health Care and the Canadian Coalition For Health Freedom in Toronto. ED)



MAIN ARTICLES

Neurodevelopmental Effects of Neurotoxicants

What Are Neurodevelopmental Effects?

- * A toxic agent can affect the developing nervous system in many ways, including the proliferation, differentiation and migration of newly formed neuronal cells. Furthermore, toxic agents affect the processes of axon and dendrite growth, development of neuro-chemical systems, synapse formation, and myelination. Any such interference can be expected to disturb one or more of these developmental processes and contribute to neurodevelopmental abnormalities.
- * Damage to the immature brain can result in mental deficiency, developmental language disorders, learning disabilities, motor disorders, organically-caused disorders of attention and behaviour, structural malformations such as spina bifida. All of these disorders have a neurological basis.

Why Children?

- * Since the fetus, infants and children are particularly sensitive, neurotoxicant exposure can result in progressive or irreversible neurodevelopmental or neurobehavioural change. The effects can be lifelong.
- * The effect of toxicants on the brain is dependent on the timing of exposure. Brain development is ongoing throughout pregnancy, into the first two years of life and beyond. Systems undergoing rapid development are vulnerable and toxic agents will affect processes undergoing development at the time of exposure. Neurons do not regenerate, and the blood-brain barrier is incomplete until after the first year of life.

What Causes Neurodevelopmental Disorders?

- * Many factors, both physiological and social, can contribute to neurodevelopmental problems in children. It is becoming clear that exposure to contaminants (drugs, pesticides, household and industrial contaminants, food additives and metals) during the prenatal and postnatal period can interfere with normal neurodevelopment.

MAIN ARTICLES

Exposure to such substance may produce adverse neurodevelopmental effects including

- * mental deficiency
- * learning deficits
- * attention deficits
- * hearing abnormalities, including deafness
- * motor disturbances
- * behavioural disorders

Contaminants Released Into The Environment

Today there are more than 70,000 chemicals used commercially. Very few have been tested for their potential to affect brain development and function. Children are at risk to exposure to at least four groups of substances: metals, neuroactive pesticides, hormone disruptors and drugs.

METALS

- * Globalization of trade means that consumer goods, which may contain lead, such as crayons, toys, blinds, and dishes can be imported into Canada or purchased by Canadians abroad. Blood lead levels as low as 10 g/dl are associated with adverse effects and no obvious threshold for lead seems to exist. (1) Adverse effects include impairment of intelligence, neurobehavioural function and hearing.
- * Lead is particularly harmful to the developing brain and nervous system of the fetus and young child.

Exposure routes for lead include:

Water

- * tap water
- * lead-based home plumbing
- * infant formula

Air

- * local industry point sources
- * hobbies, crafts and leisure activities
- * occupational exposure
- * environmental tobacco smoke

Food

- * produce from contaminated soil
- * ceramic and glassware
- * lead soldered cans

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Soil and Dust/Paint

- * ingested contaminated soil
- * dirt and dust in the home
- * paint dust and chips from building deterioration or renovation
- * imported PVC miniblinds (pre 1997)

MERCURY

- * Methylmercury is the most neurotoxic form of mercury. Accidental exposure of pregnant women to methylmercury has resulted in severely neurodevelopmentally damaged children. (2) The effects of low levels of methylmercury on the fetus and children are not sufficiently known.
- * Methylmercury bioaccumulates and is found primarily in fish and marine mammals living in mercury contaminated waters.
- * It is also found in some fungicides (in paint) and is used in religious ceremonies among several Hispanic and Caribbean ethnic groups.
- * Silver dental amalgams contain 50% inorganic mercury, thus it is advised that pregnant and nursing women avoid having dental amalgams placed in or removed from teeth

Manganese

- * In contrast to lead and mercury, manganese is an essential metal and certain levels are needed for the proper development of the fetus and child. At high levels, manganese is neurotoxic, therefore guidelines exist for safe levels of manganese in air.

PESTICIDES

Exposure routes for pesticides include food, air, water, and soil. According to a National Academy of Sciences report, the pesticides that are considered to cause the most potential damage to the nervous system are the organophosphates, carbamates, and organochlorine insecticides.

- * Children may be exposed to higher levels of pesticides than adults. They generally drink and eat more fruit products, which may be treated with pesticides. Pregnant mothers may also consume food contaminated with pesticides.

MAIN ARTICLES

- * Pesticides used in the home and yard may pose a threat to children. Compared to adults, children are at risk of exposure to higher levels of pesticides after spraying because the concentration of the pesticide tends to be much higher closer to the ground where they play. (3) In agricultural areas, children may be exposed to pesticides in the air from aerial spraying, as well as from the clothing parents who work with have on them.
- * Some pesticides have been found in source and well water in agricultural areas. A 1990 Environmental Protection Agency survey found that 10.4% of rural community wells were contaminated with one or more pesticides. (4)

HORMONE DISRUPTORS

- * Some endocrine disrupting chemicals can undermine neurological and behavioural development. (5) Chlorophenoxy-herbicides like 2,4-D and 2,4,5-T, are used in weed control and forestry. They are considered to have low toxicity to mammals, but are sometimes contaminated with dioxins which are potent endocrine disruptors.
- * A variety of lipid-soluble compounds, such as PCB's, DDT and certain plasticizers, can disrupt hormones, such as thyroid stimulating hormone (TSH) and sex hormones, which are critical for normal brain and sexual development.
- * Women who consumed fish contaminated with PCB's had children who exhibited small but significant neurodevelopmental effects including lower IQ and poorer reading comprehension. (6,7)

What Can Be Done?

Research and Policy

Testing of metals, pesticides and chemicals of concern including:

- * tests for neurotoxicity
- * tests for developmental neurotoxicity
- * tests for endocrine effects
- * priority toxicants that include sensitive biomarkers of exposure and neurodevelopmental outcomes in infants and children.

MAIN ARTICLES

Education of Families

- * Programs are needed to help families make informed choices and modify eating habits and lifestyle in order to reduce their exposure to metals, pesticides and hormone disruptors.
- * Families can reduce exposure by minimizing the use of solvents and pesticides in the home, and by storing paint and paint removers in the garage or shed.

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THIS AND THAT

Types Of Particulate Matter

For the purpose of formulating the present Canadian air quality objectives, "suspended particulates" were considered to include "a wide variety of solid or liquid (aerosol) particles [that] remain suspended in the air and [that can] be drawn into the respiratory passages" (Federal-Provincial Committee on Air Pollution 1976). Excluded was the particulate matter generated by the combustion of wood and fossil fuels, which known to be composed of or associated with organic substances that are known to have a high toxic potency, including carcinogenicity (eg. polycyclic aromatic hydrocarbons or PAH's). In addition, substances with known specific toxic effects, such as arsenic, asbestos, beryllium, PAH's, etc. were specifically excluded when the objectives were developed (Federal-Provincial Committee on Air Pollution 1976.)

Comparison of Benzene Levels in Air in Canada and the United States

<u>Location</u>	<u>Average Concentration (ppb)</u>
Canada	
Sarnia	
--Centennial Park	6.0
Toronto	
--Junction Triangle	2.8
--26 Breadalbane	0.9
--Queen's Park	3.4
Montreal	
--Pointe-aux-Trembles	5.7
--Pointe-aux-Trembles	3.6
--Pointe-aux-Trembles	3.0
Vancouver	
--Rocky Point Park	3.2
--Burnaby South	2.4
--Burnaby Mountain	4.6
Windsor	
--University Avenue	1.8
United States	
El Monte, CA	4.6
Riverside, CA	4.1
Boston, MA	1.1
Chicago, IL	1.3
Houston, TX	2.2
Las Vegas, NV	3.2
California (1)	3.3
United States (2)	3.8

Source:Dann 1987

1. Statewide population-weighted annual mean, 1984
2. Estimated annual mean from five US metropolitan areas (1978-1982 data)

THIS AND THAT

Gasoline Volatility

One desirable property of gasoline is that it mixes easily and completely with air to form combustible mixtures over a range of temperatures, so that motor vehicles start, warm up, and run smoothly. The composition of the gasoline determines this ability and, therefore, is an important determinant of gasoline quality. However, because Canadian gasolines are so volatile, the production, distribution, and use of gasoline in Canada account for over 50% of the total emissions of volatile organic compounds to the atmosphere, exclusive of natural sources. Volatile organic compounds from gasoline evaporation promote ground-level ozone production and may be hazardous to human health if inhaled.

There has been a trend since the 1970's toward the production of gasoline with higher volatility. One way to increase the volatility of gasoline is to increase the butane content during the refining process. Reducing fuel volatility, however, is one means of reducing gasoline evaporative emissions from carburetors and gas tanks and losses during refuelling of motor vehicles. The latter account for about 40% of volatile organic compound emissions from motor vehicles; the remaining 60% of volatile organic compound emissions from motor vehicles are from unburned gasoline released in exhaust. Federal and provincial environment ministers have agreed to take steps to cap or reduce gasoline volatility in Canada based on the need to control ground-level ozone in different parts of the country. (CCREM 1989).

There are other factors that influence fuel volatility, with environmental implications. The desire to find substitutes for the use of lead as an octane-boosting additive in gasoline and to find less costly alternatives to petroleum-based automotive fuel has prompted gasoline retailers to test alcohol-gasoline blends in the North American marketplace. The direct addition of alcohols to gasoline increases the volatility of the mixture. These blends can be made to match closely the volatility characteristics of gasoline by removing some of the more volatile components of gasoline before blending, which is a more costly process.

There are both positive and negative environmental aspects to the use of alcohol-blended fuels. Combustion of alcohol-gasoline blends produces less carbon monoxide and volatile organic compounds in exhaust gases from automobiles equipped with comparable exhaust emissions control devices than does combustion of gasoline of similar volatility.

THIS AND THAT

Aldehyde and unburned alcohol emissions are higher from blends, whereas emissions of oxides of nitrogen are comparable for both types of fuel.

Current evidence suggests that methanol-gasoline blends may have less ground-level ozone-forming potential than pure gasoline but this is offset by an increase in aldehyde emissions. Aldehydes have high potential to form ground-level ozone.

The Vehicles We Drive



The most common types of vehicles driven today are passenger cars and light-duty trucks, which together comprise over 88% of the vehicles on our roads and highways. The automotive industry has responded to the requirement to produce vehicles that do not emit excessive amounts of pollutants, to the extent that the average emissions performance of new cars has consistently been 20-30% better than what pre-1987 emissions standards specified.

One the surface, then it would appear that the problem of motor vehicle pollution should continue to lessen through attrition, as most motor vehicles in use are less than 10 years old. As older vehicles are retired, a larger percentage of vehicles that meet emissions standards will be driven. The flaw in this reasoning, of course, is that manufacturers' performance specifications are not always maintained once the motor vehicles are in the hands of the consumers. Motor vehicles are not always serviced and repaired adequately. Pollution control devices are sometimes deliberately tampered with or even removed in the mistaken belief that in doing so fuel consumption will drop or the vehicle will develop more power. (1) Indeed, study results show that about 66% of in-use vehicles tested between 1974 and 1983 had excessive emissions. (2) The lead from the gasoline quickly contaminates the vehicle's catalytic converter, rendering it almost useless. Misfuelling the term used to describe the practice of using leaded gasoline in motor vehicles designed to run on unleaded gasoline--also leads to increased emissions.

One way to deal with tampering and misfuelling is through public education programs. A second step is to introduce anti-misfuelling and antitampering legislation to reinforce the importance of eliminating these practices. Legislation of this nature is a provincial responsibility in Canada, and so far only Ontario,

THIS AND THAT

Quebec, and Newfoundland have antitampering legislation, although British Columbia has an antitampering provision in its Motor Vehicle Act. One means to enforce this legislation is to introduce motor vehicle inspection and maintenance programs whereby vehicles are inspected periodically and owners are compelled to have any necessary repairs performed as a prerequisite to licence renewal. There are no inspection and maintenance programs in Canada, but Ontario and British Columbia are considering implementing them.

At the federal level, a two-year publicity campaign was undertaken in 1989 in partnership with the Petroleum Association for the Conservation of the Environment to warn the public of the dangers of misfuelling and the benefits of proper vehicle maintenance. The purpose was to attempt to make the public, automobile dealers, and mechanics aware of the benefits of following the manufacturers' specifications. The federal government will also introduce regulations that will effectively eliminate leaded fuel from retail gasoline stations in 1990, thus preventing misfuelling.

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Toxic Air Pollutants Regulated Under The Clean Air Act*

Pollutant	Regulation applicable to	Human Health Concern
Lead	Secondary lead smelters	<ul style="list-style-type: none">• neurological damage in children• depressed hemoglobin production• kidney damage• increased mortality rate
Mercury	Mercury cell chlor-alkali plants	<ul style="list-style-type: none">• neurological damage
Asbestos	Mines and mills	<ul style="list-style-type: none">• tumour formation
Viny chloride	Vinyl chloride and polyvinyl chloride	<ul style="list-style-type: none">• rare form of liver cancer

*In 1988, the Canadian Environmental Protection Act was proclaimed, subsuming the Clean Air Act

THIS AND THAT

Chronology of Some Past Events Of Significance
For Air Pollution

1872 Term "acid rain" first used in England
1920s Chlorofluorocarbons developed
1952 First report of Arctic air pollution
1952 4000 excess premature deaths from air pollution in London, England
1958 First clean air legislation in Canada (Ontario)
1962 Acid rain issue raised by Sweden at United Nations conference (Stockholm)
1971 Environment Canada formed
1971 Clean Air Act passed
1973 First world oil crisis
1974 Lead-free gasoline introduced
1975 Light-duty vehicle emissions standards introduced
1976 Lead content of leaded gasoline lowered
1978 Second world oil crisis
1980 Canada-Us Memorandum of Understanding on Transboundary Air Pollution
1982 Sulphate deposition target of 20 kg. per hectare established
1984 Federal-provincial commitments to reduce sulphur dioxide emissions in Eastern Canada
1985 International sulphur dioxide abatement protocol signed
1986 Vienna Convention for the Protection of the Ozone Layer
1987 Montreal Protocol on Substances that Deplete the Ozone Layer
1987 More stringent light-duty motor vehicle standards imposed
1987 Lead content of leaded gasoline lowered
1988 Heavy-duty motor vehicle emissions standards in effect
1988 Toronto International Conference on the Changing Atmosphere
1988 International oxides of nitrogen protocol signed

(All of the above articles were taken from A State of the Environment Report, Canadian Perspectives on Air Pollution, SOE Report No. 90.1, Environment Canada)



THIS AND THAT

The Kwinter Bill (Bill 126) - Not Law Yet!

The Kwinter Bill, to protect choice in health care, (which passed Second Reading unanimously in the Ontario legislature on May 8) is not law yet! It will not affect the outcome of Dr. Krop's case which is already in progress.

The Kwinter Bill is a Private Member's Bill - not a "Government" Bill. A Government Bill would receive priority treatment in Committee and prompt return to the Legislature for the Third Reading necessary to make it into law. The Kwinter Bill will most likely be considered by the General Government Committee sometime in the fall after that committee has finished with Rent Control hearings.

The College of Physicians and Surgeons of Ontario (CPSO) is strenuously opposed to the Bill and is lobbying against it. Citizens For Choice In Health Care will update you in the fall regarding what actions you can take.

Consumers and physicians concerned with Complementary Medicine **need both** the Kwinter Bill to be passed into law and Dr. Krop to win his case. If the CPSO is successful in its prosecution of Dr. Krop, it will set an ugly precedent intimidating to all physicians wishing to use Environmental or Complementary Medicine.

Industrial Pollution Linked To Childhood Cancer

Children born near sources of industrial pollution such as petroleum refiners and cement works are 20% more likely to die of leukemia or other forms of cancer, British researchers reported. A survey of all children who died of cancer in Britain between 1953 and 1980--more than 22,000--showed that those who died were much more likely than the general population to have been born within five kilometres of a polluting refinery, factory or kiln. Children born within four kilometres of a busy highway or railway also had a higher risk, epidemiologist George Knox of the University of Birmingham wrote in a report in the *Journal of Epidemiology And Community Health*.

THIS AND THAT

They found a clear tendency for cancer cases to be found near furnaces, refineries, car and battery factories, crematoria and power stations although, with a few exceptions, nuclear power plants did not seem to be dangerous.

The two main culprits were plants producing volatile organic chemicals and the process of high-temperature combustion. Knox said it was not just the presence of volatile chemicals in the air that endangered the children, but the way in which they react with other chemicals to form new pollutants.

(The Toronto Star, Thursday, April 10, 1997)

Better Ventilation Improves Symptoms of Sick Building

Symptoms associated with sick building syndrome could be cut down by 40-50% through improved ventilation, says a comparative, three year follow-up study of more than 1,300 Quebec City office workers. Even more important, this improvement was maintained three years later, when any positive psychological impact from moving would have worn off.

The study (Occupational and Environmental Medicine, 1997, Vol. 54; 49-53) was conducted by the Epidemiology Research Group at Quebec City's St. Sacrement Hospital.

(Glenn Wanamaker, Family Practice, March 10, 1997)

Moving Can Trigger Children's Asthma

Evidence that moving house and with it exposure to new indoor allergens can trigger asthmatic and other allergic responses has been found in a study of 1,500 children living in the Highlands of Scotland.

THIS AND THAT

Researchers at the Royal Northern Infirmary found among children aged 12 to 14, asthma, wheezing and eczema was highest among those who had lived for a short time in a new house; more than 33% had lived in a new house for five years or less. It is estimated that at least 25% of children living in the Highlands are subject to a wheezing disorder at some time.

(Medical Post, February 4, 1997)

Restaurants Go Organic

The National Restaurant Association (USA) reported in 1996 that organic items are offered by about 57% of the table service restaurants with per person dinner @ \$25. US or more, and by 29% of restaurants in the \$15-\$24.99 US range.

Source: What's News In Organic, Organic Trade Association, Nov/96

Genetically Engineered Soybean Boycotted In Europe

More than 55 companies in Germany, Austria, Holland, Belgium and Switzerland have decided to boycott genetically adulterated soybeans. The many large companies on the list include such well-known names as Nestlé Alete, Sandoz Nutrition, and Lindt and Sprungli.

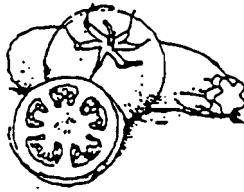
(Source: Naturgesetz Journal)

Organic Products Industry Takes Vital Step Ahead

The new Organic Materials Review Institute (USA) was recently established to evaluate manufactured materials used in production, processing and handling of organic foods. The Institute will build a complete national list of qualified products that can be used by organic producers and handlers, thus providing important technical assistance to certifiers and evaluation services to manufacturers of materials used to grow and prepare organic foods and fiber.

(Source: Press Release, Organic Materials Review Institute, Dec/96)

COUNTRY CUPBOARD



Banana Balls

2 large bananas (ripe) 1 cup ground tolerated nuts
1 tablespoon honey

Mash the bananas; mix in nuts and honey. Form small balls and roll in additional ground nuts or ground seeds.

Fruit Jello



4 tablespoons unflavoured gelatin
1-1½ cups tolerated fruit juice
½ cup honey (optional)

Sprinkle gelatin over 1 cup juice in saucepan. Stir over low heat until gelatin is thoroughly dissolved. Remove from heat; add honey and remaining juice. Pour into 9-inch square dish; chill and cut into squares.

Sesame Seed Candy

1 cup sesame seeds
1 teaspoon vanilla
honey

Process sesame seeds in blender until they become a mass; add vanilla. Knead on a flat surface, working in honey until mixture is consistency of bread dough. Shape into flat rounds and refrigerate.

Stuffed Goodies

1 cup raisins 1 cup shredded coconut
3/4 cup combined sunflower seeds and nuts
1 tablespoon lemon juice

Put raisins, coconut, seeds and nuts through grinder. Blend mixture and lemon juice. Use ½ teaspoon of filling and fill dates or prunes





COUNTRY CUPBOARD

Banana Rice Bread

1 cup millet flour	2 eggs
1 cup rice flour	$\frac{1}{2}$ cup tolerable oil
1 teaspoon baking powder	$\frac{1}{2}$ cup honey
$\frac{1}{4}$ teaspoon sea salt	1 cup mashed bananas

Mix together dry ingredients. Beat together eggs, oil, honey and bananas. Gently mix wet with dry ingredients and pour into greased 5 X 9-inch loaf pan. Bake at 350 degrees for 45 minutes.



Soybean Snacks

$\frac{1}{4}$ cup dry soybeans	1 cup cold water
Sea Salt or tolerated seasoning to taste	

Soak soybeans in water, storing in refrigerator overnight. Drain, dry on clean towel and spread in shallow pan. Roast at 200 degrees F. for 2 hours; then place under broiler and toast, stirring frequently, until brown. Serve as is or oiled and seasoned.

Coconut Pie Shell

2 tablespoons tolerable oil
1-1 $\frac{1}{2}$ cups shredded coconut

Spread oil in pie pan; press coconut into oil. If you are using pie shell for a no baking filling, pre-bake shell at 325 degrees F. for 5 minutes and let cool.



WANTS AND FINDS

(Product information mentioned in POSITIVE REACTION should be evaluated for personal compatibility since individual sensitivities vary widely. Mention of a product does not imply that EHAO endorses that product or service.)

Shared Accommodation

Woman with sensitivities seeks shared accommodation in an environmentally-safe location, preferably in the country or on the outskirts of a town. Food-shopping, some help and transportation required. Able to pay \$400.00 per month plus some extra for transportation. Jean Schoebel
For more information, contact Susan Beck (416) 439-5939

Information and Support Sessions

Candida - Chemical Sensitivities - Food Sensitivities
Sandra Cameron - Adult Educator and Fellow Sufferer
(416) 782-9168 - scameron@interlog.com

Organic Food Box Delivery-Program

True Food bulk-buys produce, groceries, bread and dairy products direct from the farmers, distributors and farm co-operatives. All our suppliers are certified organic by independent 3rd party certifying organizations. These stringent standards ensure that no chemicals are being used in the growing or production of any of our food items.

We service your area once a week between the hours of 4 and 10:30 p.m. After your registration and first delivery, a box will be sent to you each week. If you don't need the box, just call to cancel before 5 p.m. the night before your delivery day.

The box contains a variety of between 16-20 items, mostly fruits and vegetables (with the occasional grocery item or prepared food item included just to keep you guessing) different each week depending on seasonal availability.

There are 3 convenient sizes: \$29.00, \$39.00, \$54.00 One of which will suit each and every household. You can make changes to the box in 2 ways. First, on a permanent basis, using the attached form, you can indicate your personal vegetable Love/Hates and we will do our best to honour them, on a temporary basis if there are particular items that you want changed on a one time basis just call and tell us. There is a \$1.00 service charge for each change with a maximum of three changes allowed.

WANTS AND FINDS

We also offer organic groceries, organic bread, and organic dairy products. You will receive an intro info package with your first delivery. With each delivery you will receive a copy of our Newsletter. It contains recipes and information about some of the more "unusual" items that may be contained in your box, some handy hints, announcements, classified (call if you have something you might like listed) and any other relevant (or not) information for our community of customers. Please feel free to send in any contributions or ideas.

We accept cash, cheque, VISA or Mastercard. We require payment in advance or on delivery. We ask for a credit card number for security reasons and, if ever a box is left without payment we will automatically charge it to your credit card.

WE offer a discount for pre-payment. If you pre-pay 10 boxes you receive a 10% discount. If you pre-pay monthly there is a 5% discount. Our normal hours of operation are Monday to Thursday, 10 a.m. to 5 p.m. and Friday 10 a.m. to 2 p.m. After these hours we have a voice mail system. Please feel free to leave a detailed message; we check for them regularly.

Understanding is required in matters organic-fruits and vegetables can be very unpredictable as can Mother Nature herself. Packing is a human skill and on occasions can have curious results. BUT if you ever have a problem with a box or delivery, just call us and we will make it up on your next box.

How To Start?

To become part of TRUE FOOD, there is a one time registration fee of \$20.00 which is refunded (as a free box or part thereof) each time you refer a friend. Just send the completed sign-up information along with the registration fee of FAX the form completed with your credit card information. AS soon as we receive your information, we will call to arrange your first delivery. If you have any questions or concerns, please feel free to call us

(905) 274-3035
TRUE FOOD
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Mississauga, Ontario L5G 1G8
Tel: 905-274-3035 Fax: 905-274-3195



ENVIRONMENTAL HYPERSENSITIVITY is an abnormal response of one's body to everyday substances including food, chemicals, drugs, air pollution, perfumes, pollens, dust and moulds.

The response or reaction can affect your eyes, ears, skin, nose, throat, lungs, stomach, muscles, joints, nervous system, brain and urinary tract.

CAUSES: Hereditary

Viral, bacterial or fungal infections
Chemical Exposure
Stress -- positive or negative
Nutritional habits

Symptoms can include headaches, asthma, nasal congestion, nausea, bloating, joint pain, muscle weakness, fatigue, sleepiness, anxiety, poor concentration, mood swings, puffy eyes.

REFERENCES

The Whole Way To Allergy Relief
And Prevention
(Jacqueline Krohn, M.D.)

An Alternative Approach To Allergy
(Theron Randolph, M.D., and
Ralph Moss, Ph.D.)

Is This Your Child's World?
(Doris Rapp, M.D.)

Clinical Ecology
(Iris R. Bell, M.D., Ph.D.)

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MEMBERSHIP APPLICATION FORM

ANNUAL FEES

Canada - \$20.00
Outside Canada - \$25.00 -(Cdn Funds)
Organizations - \$25.00

Make cheque or money order payable to: Environmental Hypersensitivity Association of Ontario.

Mail to: E.H.A.O.
Box 27545, Yorkdale Postal Outlet
Toronto, Ontario M6A 3B8

NAME.....

ADDRESS.....APT.....

CITY.....PROVINCE/STATE.....

COUNTRY.....POSTAL/ZIP CODE.....

TELEPHONE (Home).....(Bus.).....FAX.....

OCCUPATION.....DATE.....

